



FROM THE EDITORIAL TEAM

The Editorial board is glad to release our second trimonthly newsletter. As We all know that school is the miniature of society, where we have different style of students with multicultural, multilingual background. School is not only the place to teach academics, but to teach about morals, values and life lesson. Every effort of educating is to unlock the treasure inside each and every student. We are standing tall in our beautiful and enchanting way because of the support and beautiful connection between the students and the teachers. The purpose of this newsletter is to unlock the hidden potential within the students and helped the students for self-motivation. We have for you, from the students, the wide range of poetry, paintings, Art works, Riddles and inspirational articles.

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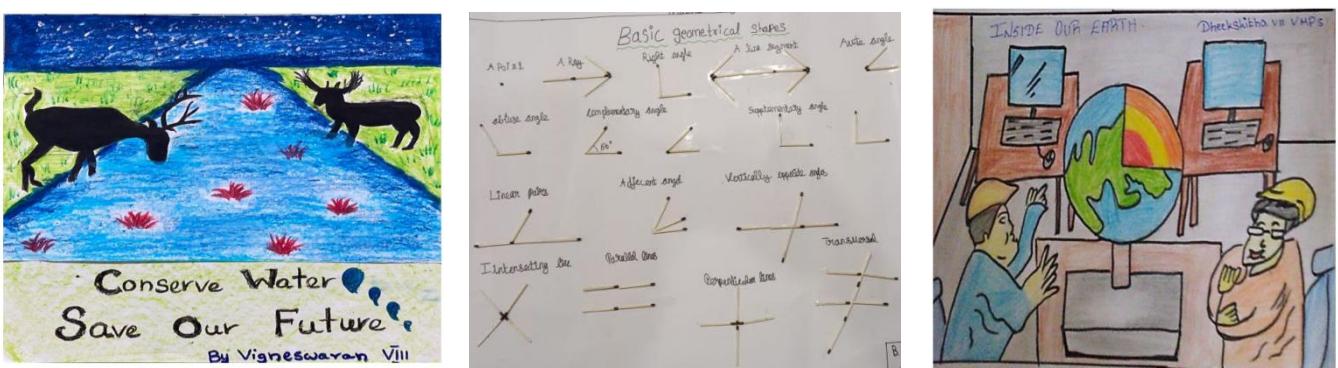
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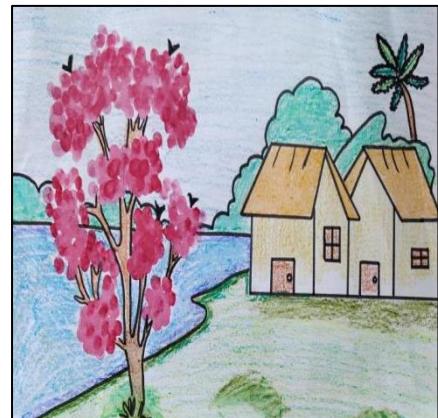
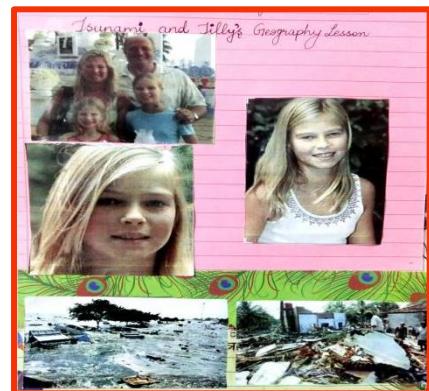
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Project Based Learning

Students "investigate and respond to an authentic, engaging, and complex problem, or challenge" with deep and sustained attention. It makes the students to experience the learning process and discover new things by their own. We have encouraged our students to do creative activity related to the academics to improve their learning process. Vmps Students were actively participated to show their practical learning. We are focusing on the development of the student on a big open-ended question, challenge, or problem to research and respond to and/or solve by their own.

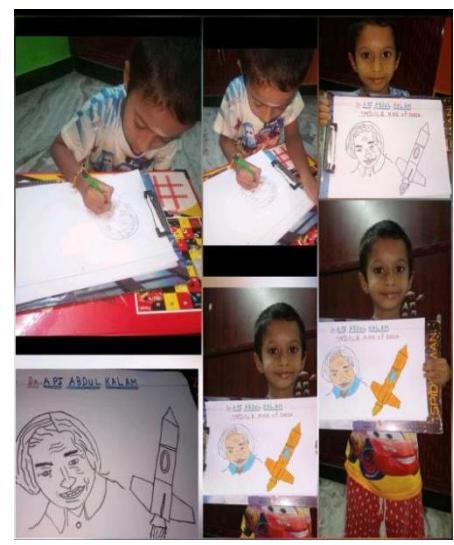
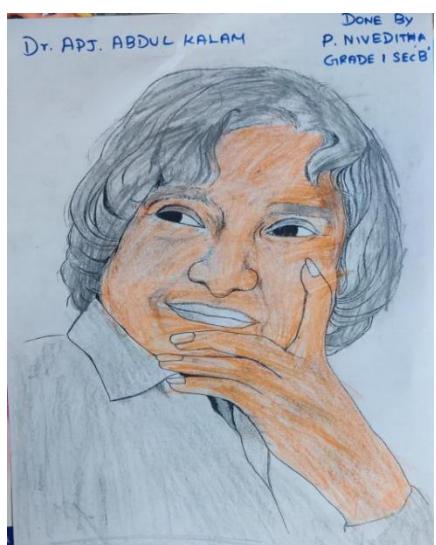
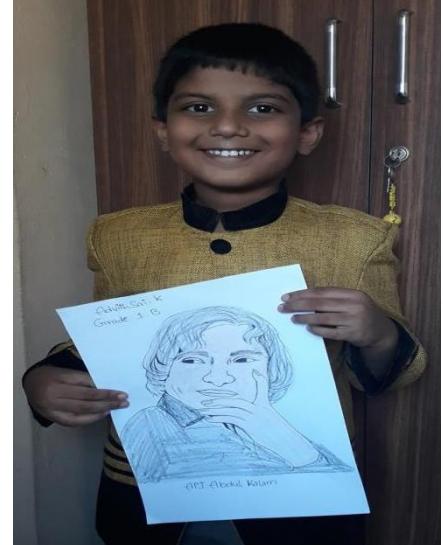
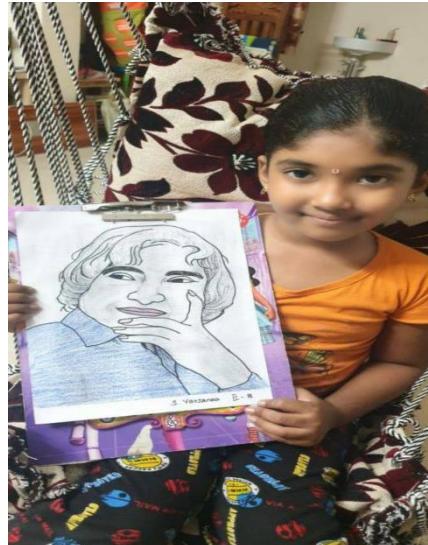




World Students Day - October 15, 2020

"One of the important characteristics of a student is to question. Let the students ask questions" —Dr APJ Abdul Kalam.

The theme of World student's day is "Learning for people, Planet, Prosperity and Peace. We at Vikas mantra Public School conducted Quiz, JAM, Slogan recitation and more Art & Craft work to encourage the kids to learn more valuable words given by our Former President Dr.A.P.J.Abdul Kalam.

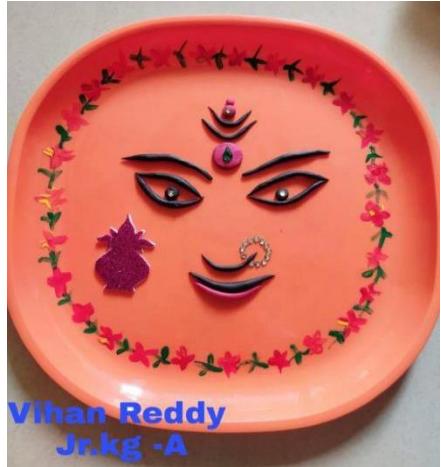


Navrathiri Celebration - October 19, 2020

Navrathri is celebrated as the victory of Lord Rama over the king Ravana. It culminates in the celebrations of the Ramlila which is enacted ceremoniously during Dussehra. To inculcate our culture into the young minds Vikas Mantra Public School engaged KG kids in various activities like Dhandiya stick decoration, Aarathi plate decoration, Thoranam, Sloka chanting and Dhandiya dance.







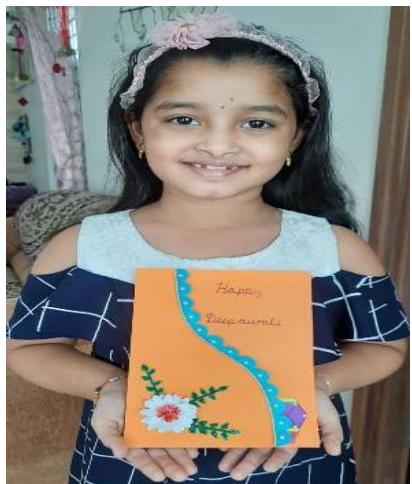
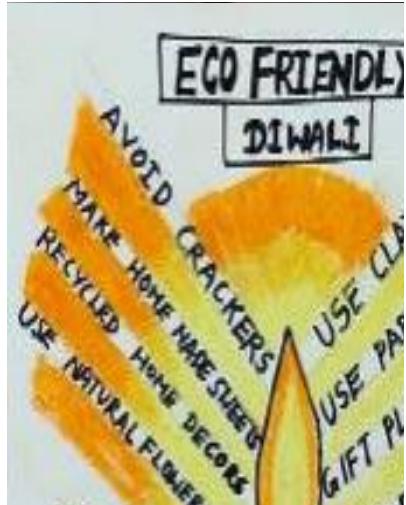
Diwali Celebration - November 12, 2020

To make the students understand the importance of Diwali, Vikas Mantra Public School had a virtual celebration. Teachers explained the importance of Diwali, the festival spiritually signifies the victory of light over darkness, knowledge over ignorance, good over evil, and hope over despair.

Children decorated diyas with colors and glitter, poster and greeting card making. Students enjoyed the Virtual Diwali celebrations wholeheartedly.







Children's Day Celebration November 12,2020

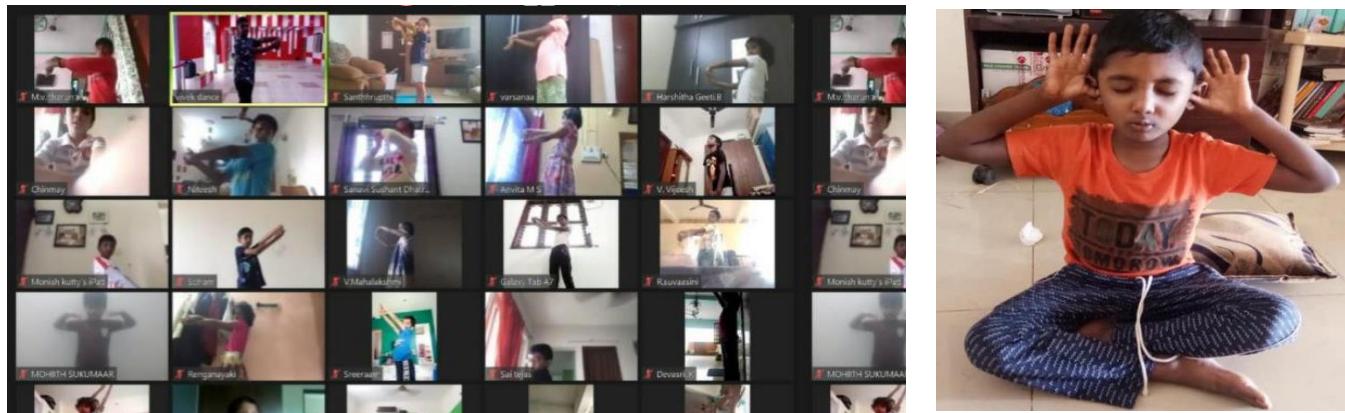
'Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow'.

Children's Day was celebrated at Vikas Mantra Public School on November 12, 2020. The day had the theme of love. The teachers made the day special by putting up a virtual show. Special wishes was given by our Advisor Dr. K.R.Maalathi. Virtual Programs were organized and performed by the teachers.

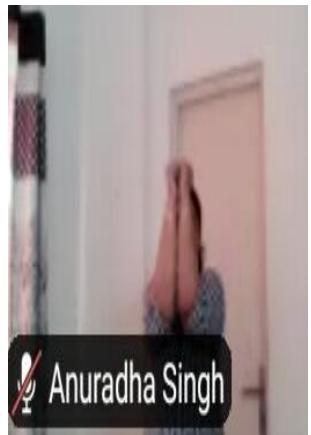
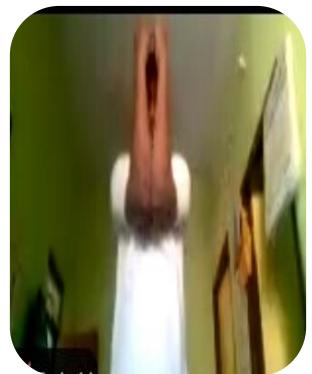


Fit India Week - November 18,2020

As nowadays children remain stuck with gadgets and indulging in their health due to a lack of physical activity. To make everyone aware about physical and mental fitness, it was organized. It helped students to develop skills like creativity, concentration, logical thinking, improving memory power, and expressions.



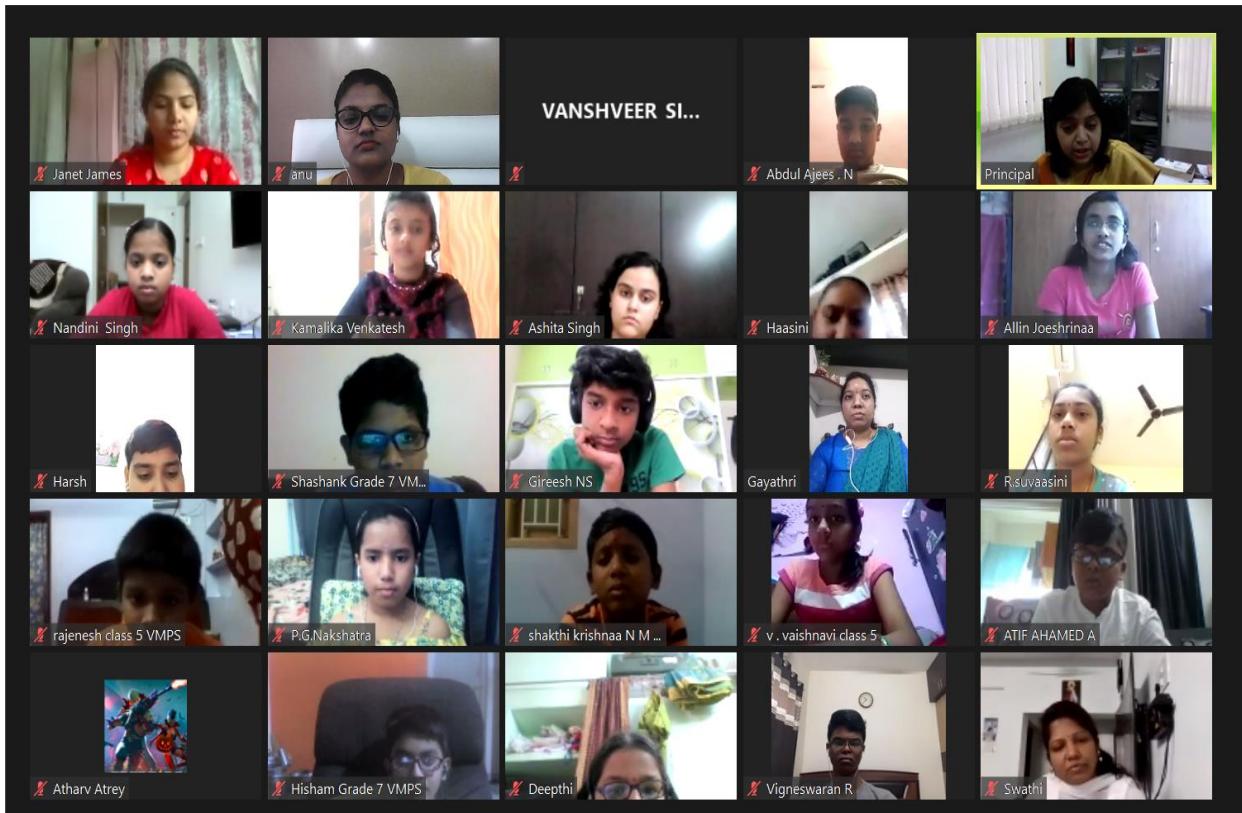
Virtual Challenges for Teachers



Elocution competition -December 8th, 2020

Vikas Mantra public School provided a platform to the budding orators of our school through an Elocution Competition on 8th of December2020, which challenged children of different age groups to present poems,speech in a proper tone, rhythm, pronunciation and voice modulation.

Each participant was given two minutes to speak on various topics such as Mark Antony's funeral speech,Famous poems written by William Shakespeare, Robert frost,William words worth etc. The participants took the stage with aplomb. Their performance reflected understanding of the topics given to them. Judgement was given by our Principal Ms.Priyanka Ghosh and Ms. Anu Student Councillor. To appreciate and recognize their hard work E- Certificates was issued in Face book page.

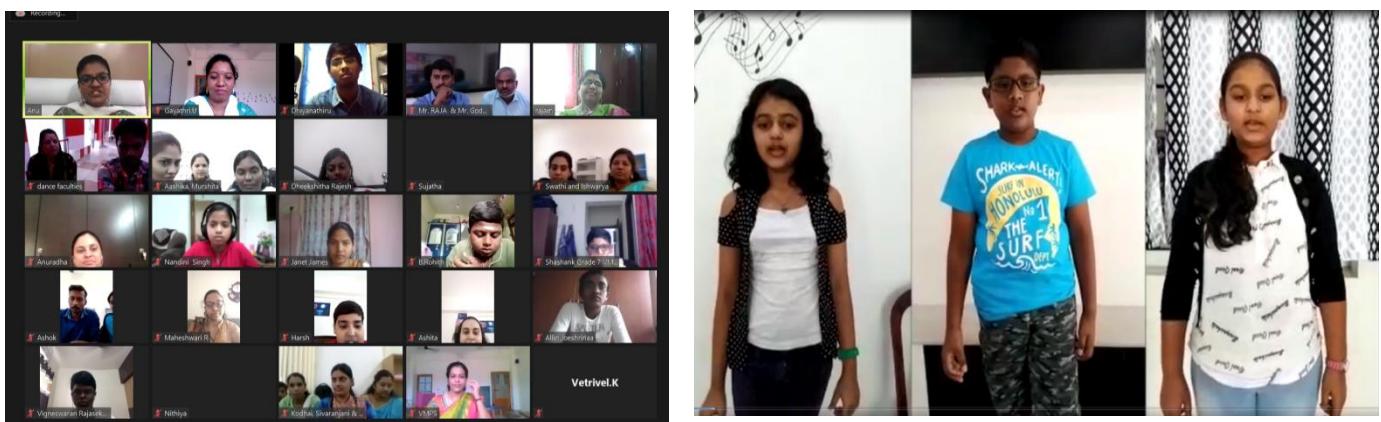


Dance Club Inauguration - 18th December, 2020

"Clubs are the instruments through which one can find their hidden talent"

Dance is a powerful medium to express one's values, thoughts, and aspirations about the lives we live and the world in which we live.

Our Vmps dance club was inaugurated with the blessings of our almighty on 18th december, 2020. Our grand occasion starts with "lighting of the lamp and the prayer song". Our honourable advisor mam and principal mam addressed the gathering. And our special chief guest Mrs.Rajam subramaniam inaugurated the Dance club in our school. We were mesimerized by the beauty of the western dance and classical dance by our dazzling kids.



Christmas Celebration- Feliz Navidad 22nd December,2020

Christmas brings cheer and love and we celebrated it with the same fervour, spreading the message of love and joy among our children. Christmas was celebrated on 22nd December,2020 with great fun and frolic. Welcome speech was given by our Principal Ms.Priyanka Ghosh, Special Christmas Message was given by our Advisor Ms.K.R. Maalathi. There was a carol presented by our teachers followed by Christmas skit (Grade IV- VIII). Students were enjoyed the games which was conducted by the teachers. At the end of the cultural programmes, all the students were allowed to dance. The boundless joy of celebrating the festival was amply visible on the faces of the children.

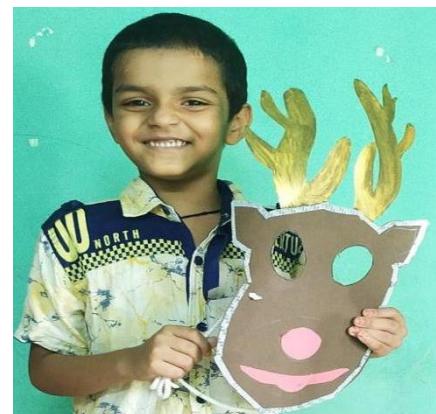




Christmas Activities:

Our little budding minds made different kind of trees to add colors to this Christmas. our Vmps children have done some extraordinary crafts to bring in the mood of festivity!!





To bring joy and happiness in this Christmas week various activities was conducted online and offline to the students from KG to Grade VIII





Karthick
kanna

Joelin
ashley

Mayuk

Akshara



Dhanvanth

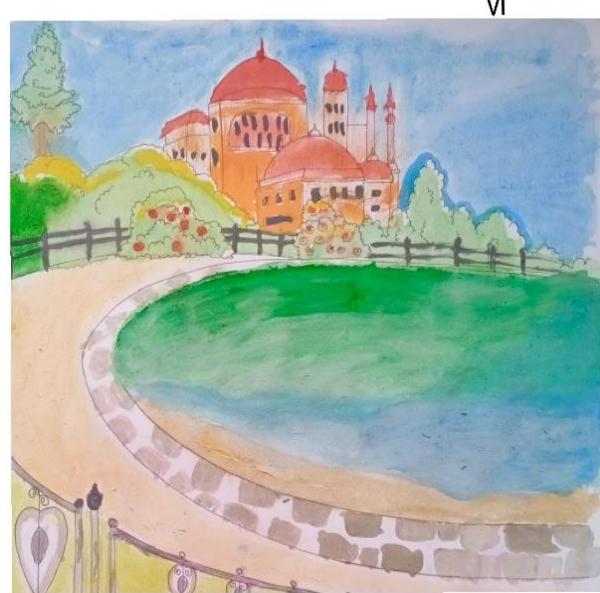
Ikshitha

Sunjana



"The aim of art is to represent not the outward appearance of things, but their inward significance"

- Aristotle



Students Art Gallery



Purple Day Celebration

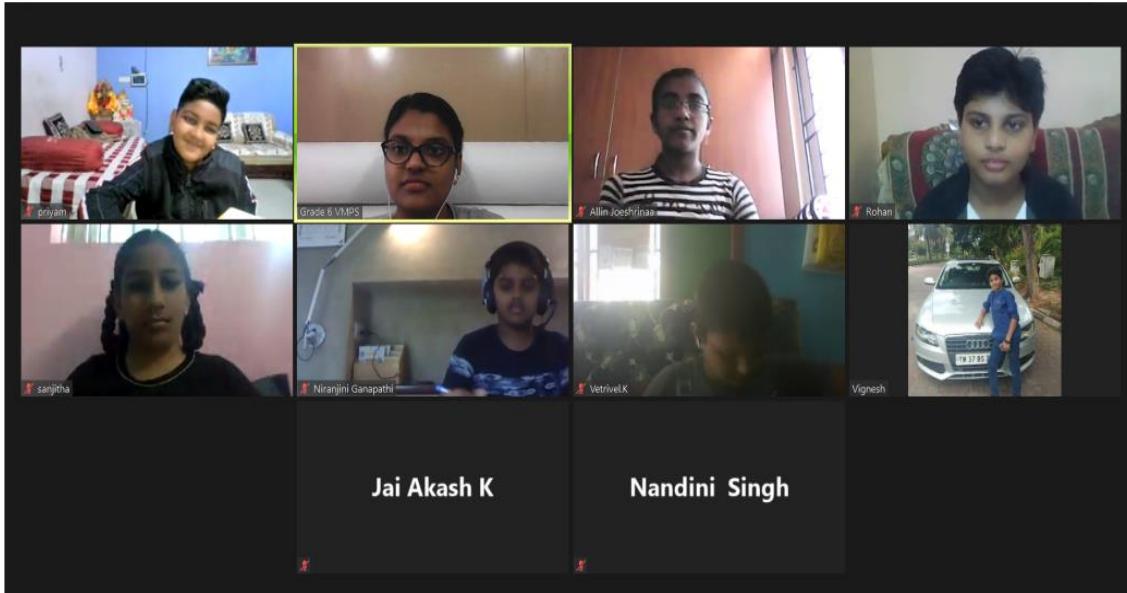
Purple, the colour that represents the future, the imagination and dreams, spiritually calming the emotions was thoroughly enjoyed by our little ones. The motive of celebrating this yellow colour day was to make the children aware of yellow colour, its significance and to develop fine motor skills in the students. Children were engaged in different activities like Finger print hyacinth flower, Sticking purple paper in cube, Clay modeling of grapes and Show and tell activity.. Children took part with great enthusiasm in it..



Mentor and Mentee sessions.....

Mentor and Mentee sessions are conducted to our Vmps Students to help the students to care about their mental wellness in this pandemic situations

For the mentor and mentee sessions, students of grade 6 to 8 come together ones in a week to discuss about the requisite life skills, communication skills and to effectively utilize the forum to address their ordeals (personal, mental and emotional ventilation) as well as academic difficulties.



Look at each picture. Circle the letter that makes the beginning sound.

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On the fitness week celebration, the students of grade 4 to 8 attended a session on mental wellness program conducted by the school counselor Ms. J Anu. The program focused on the importance of nurturing and promoting student's mental well-being. The students had a quiz session on personal hygiene, activities and a key discussion on ways to promote mental and emotional wellness.



Students Corner...

MY ONLINE SCHOOL EXPERIENCE

I love my school very much. But during the COVID – 19 pandemic I am not able to attend my school. I am missing my teachers, class room, playground and friends. Nowadays I am enjoying my online class. During online class, teachers show us many interesting videos and slides. Because of that I am not feeling bored. My parents clear all my doubts while studying online. My class teacher and all subject teachers are making the online classes interactive. So, I am easily interacting with teachers and friends.

But I am missing my classroom, fun with friends and games which we play in the school ground



-By Sanavi Sushant Dhatrak

Grade II A

THANK YOU TEACHER

Thank you teacher Thank you teacher

*For giving me education
And making me talented.*

Thank you teacher thank you teacher

*For caring me
And making me happy .*

Thank you teacher thank you teacher

*For guiding me
And making me bold .*

Thank you teacher thank you teacher

*For inspiring me
And making me feel like hero .*

Thank you teacher thank you teacher

For being my friend.



- By M.S.Harish

Grade I-B

I Miss My School

*In this covid I miss my school,
Meeting my friends was so
cool. We play, we study, we learn
together. Teachers and students
were the friends
forever. Principal ma'am's
speech & sports sir's comedy, I
love WOW class & music sir's
melody. Activities, functions
and celebrations, And I miss all
the outing occasions. I want to
get ready to go to school. I wish
thosdays will come so soon. In
this covid I miss my school.*

My Dream



- By AADRIKA BARIK

GRADE III



- By Shree Raam

Grade III

Hi my name is Renganayaki.

I am studying in VIKAS MANTRA PUBLIC SCHOOL it has a hall of joy for everyone because everybody has a friend even the teachers have but now we are in home because of the virus around, so we can't go to school but now we attend class at home.

We use Google classroom for seeing homework and to attend class through zoom but today we are talking how it was before in school and now in school.

Before in school we get to meet in person but now we can see them in class but not in person. Second one is before we used to do PT but now we cannot do PT. before we had a lot of periods now we only have like 2 to 3 periods.

Before in school the students used to make noise all the time but now in classes teachers can easily mute them.

In school the students who are in the back of the class cannot see the board but now as in screen share it is easy for everyone to see the screen. Parents had to drive us to school and the bus drivers but now parents also have to stay at home.



- By Renganayaki Grade III

SCHOOL AFTER COVID 19

Life during the COVID 19 pandemic situation is difficult for everyone. The return to school is important for the future of children. After long gap in education it will be difficult for children to adjust to the school environment. It is very important to maintain social distance and follow other pandemic rules strictly. Along with education, health is most important during these days. Unlike earlier we should sanitize our hands frequently and maintain social distance to avoid virus spread.



-By Santhrupthi S Vaddatti

Grade III

ABOUT MY SCHOOL

My school is my second home and teachers are my guardians. It is the most popular school in my city. I even enjoy visiting the school during holidays. The name of my school is Vikas Mantra Public School and it is located in heart of the city. My school conducts numerous annual sports championship games, debates, quiz competition and group discussions regularly. Teachers take regular online sessions in addition with some discipline activity, takes care of the students, sharing health tips and manners.



- By Bandredi Jeshwan

Grade IV

THE STAR

I am Nakshatra.P.G, meaning “The Star”. I started looking at the star at the age of two. I am always excited to see the bright stars at the dark night.

Stars are dazzling

Stars are positivity

Stars are wonder

Stars are together

Stars are bright

Stars are everlasting

Stars are unique

Stars are hope

I will always be a star to my family and friends and to the world.



- By P.G. Nakshatra

Grade IV

Thanksgiving to COVID-19 Warriors

The COVID-19 Pandemic has taken the world by storm. We were instructed to stay safe at home & step out when needed for essentials by following social distancing, wearing mask & use an alcohol-based sanitizer. In order to ensure and enforce social distancing the warriors at the fore-front have been the local police forces. While on one hand people across the world are largely confined to their homes and on the other hand doctors, health care workers, and medical staff members are leading the battle against COVID-19 from the front. Putting their own lives at risk with selfless determination for the sake of saving lives, they truly are our heroes.

Needless to say, doctors, nurses and people working in healthcare sectors are particularly vulnerable to the highly infectious disease. The list of the sleep – deprived heroes includes doctors, nurses, medical cleaners, pathologists, paramedics, ambulance drivers and healthcare administrators and medical researchers. In the fight against corona virus our brave medical army stands strong with thermometers, stethoscopes and ventilators as their weapons.

“Thank you for putting yourself in the way of danger to save others, to save the public. This is what it means to be a hero. This is what it means to build a beautiful legacy.

Thank you for everything”.



- By Kamalika Grade VII

MY SCHOOL AND MY CLASSROOM

I am shashank from grade 7 . I am new to this school (Vikas mantra school). I am very happy to share my experience in this school. I was so excited when I entered the school. Unfortunately school was temporarily closed because of the pandemic covid 19. But the online classes started . My classteacher name is Mrs. Yamini mam and I could meet all the teachers and principal mam and my classmates through online classes. I was scared because everyone was new. But when all the teachers started talking I was so happy. Because all the teachers are friendly. So I was happy. I am enjoying the online classes. My teachers made me to feel so comfortable. All the teachers are awesome. Because whenever I ask any doubt they clear it politely. I also have extracurricular activities like dancing, art and craft, music , p.t. so I am not missing anything from my online classes. Exams are conducted in online classes. The marks are also given by conducting Virtual PTM with all my teachers . Thank you principal mam and teachers.



- By Shashank Grade VII

Hi everyone this is Vigneswaran Rajasekaran from grade 8. Online classes are being conducted through out this year starting of 2020. But because of these online classes students being able to study in this pandemic situation. The advantages of the online classes are: students and kids are safe in this pandemic, education continuity is made possible by online classes, students gained knowledge about technology and devices/gadgets, students teachers one-to-one interaction were intense, online classes made students spend time with their family more than before when they were in school, students got their own devices to attend the online class. The disadvantages of online classes are: students are exposed to electronic radiation, missing the fun with classmates, you are missing extra curricular activities at school(Horse riding, archery, etc), students face internet connectivity sometimes. My online class experience is amazing, even exams were conduced through the online class.



-By Vigneshwaran Grade -VIII

RIDDLES

- I am full of holes; I can hold water. What am I ?***

Sponge

- What gets wet when drying?***

Towel

- What are the two things people never eat before breakfast ?***

Lunch and dinner

- What can't be used until it's broken?***

Egg

- What has two hands and a face ,but no arms and legs?***

Clock

- What has many keys but can't open any doors ?***

Piano

- What is it the more you take away the larger it becomes ?***

Hole

Healthy lifestyle and fitness

I am Sakthi sundar studying in Grade 6 at Vikas Mantra public school.

Today I am writing about healthy lifestyle and fitness.

We should be fit and active to study and play well.

We should do regular exercises like walking,Jogging, swimming, cycling and playing , out Door games, avoid eating junk foods, watching too much TV, video games which can spoil our health.

We should also have good sleep, meditation for good health.

Wishing you all a good lifestyle and health in this Pandemic period.

Health is wealth.

Thank you



- By Sakthi Sundar Grade VI

My School

Schools play an essential role in shaping the future of the students. Schools offer the students the high-quality education and also a flexible curriculum. Thus, it helps in improving the student's cognitive ability. Many schools have gone beyond the traditional method of learning and bringing up new concepts. In such a way, they have improved the mental, physical and social aspects of students.

School is considered as one of the center for knowledge. It is because students learn most of the things in schools.

School teaches the students the importance of healthy routine, which becomes crucial in the future. The school helps students in offering knowledge from various subjects such as science, English, history, civics, economics, and etc.

The school helps students to know the goals, interest and abilities through different aspects.

The school is one of the first and foremost places to learn how to behave in society.

Students socialize in school and make new friends. Thus, students can learn interaction in society.

The school play an essential role in every child's life.



- By Suvaasini Grade VIII

தீபாவளி கவிதை

காத்திருந்து வந்த விழா
காரிருளைப் போக்கிடுமே
புத்தாடை பளபளக்க
புதுவெடியும் படபடக்க
தீயவை ஓடி தித்திப்பைத் தேடி
நல்லவர்கள் கூடி
நல்லதைப் பாடி
உள்ளங்கள் கூடி
உவகையில் ஆடி
சொந்தங்கள் கூடி
சொர்க்கத்தை நாடி
திசையெங்கும் திருநாளாய்

ଶ୍ରୀ ମନମେନ୍ଦ୍ର କୁମାର ମହିଳା ପାଠ୍ୟ ପର୍ଯ୍ୟନ୍ତ ଉଦ୍‌ଘାଟନା



ஆ. ஆலின் ஜோஸ்ரினா

6-ம் வகுப்பு

ஆசிரியர் தினம்

தரணி போற்றும் வாழ்வு தந்தாய்!
 தன்னிகரில்லாக் கல்வி தந்தாய்!
 எங்கும் எதிலும் வெற்றி காண
 எதையும் தாங்கும் ஊக்கம் தந்தாய்!
 வானைத் தொடும் முயற்சி தனில்
 ஏணியாய் மாறி ஏற்றம் தந்தாய்!
 கருணை வடிவாய் விளங்கும் குருவை
 கரம் குவித்தே வணங்கிடுவோம்!
 நல்லொழுக்கம், நற்பண்பு, தன்னம்பிக்கை,
 விடாழுயற்சி, வாழ்வியல்நெறி,
 சமூகப்பண்பு என அனைத்தையும் சிறந்த
 முறையில் கற்பித்து, ஒரு உண்மையான
 வழிகாட்டியாகத் திகழ்பவர்கள்
 ஆசிரியர்கள். அப்படிப்பட்ட
 ஆசிரியர்களைப் பெருமைப்படுத்தும்
 வகையில் ஒவ்வொரு ஆண்டும் செப்டம்பர்த்
 திங்கள் 5 ஆம் நாளை ஆசிரியர் தினமாகக்
 கொண்டாடுகிறோம். ஒரு நல்ல
 ஆசிரியராக தமது இறுதிகாலம் வரை
 வாழ்ந்து காட்டிய டாக்டர். சர்வபள்ளி
 இராதாகிருஷ்ணன் அவர்களின்
 பிறந்தநாளையே நாம் ஆசிரியர் தினமாக
 இந்தியா முழுவதும் கொண்டாடுகிறோம்.
 கருங்கல்லை உளியால் செதுக்கி
 சிற்பமாக்கும் சிற்பியைப் போல,
 அறிவெனும் உளியால் நம்மை உருவாக்கும்
 ஆசான்களைப் போற்றுவோம்! அவர்கள்
 கற்றுத் தந்த வித்தைகளை வாழ்வில்
 என்றும் கடைபிடிப்போம்!



- ഹാസിനി ട്രോമാമ് വകുപ്പ്

இந்தியாவின் பழையான விளையாட்டு - சதுரங்கம்

முன்னுரை

சதுரங்கம் 1500 ஆண்டுகள் வரலாற்றைக் கொண்ட விளையாட்டு ஆகும். இவ்விளையாட்டு ஆறாம் நூற்றாண்டுக்கு முன்னரே இந்தியாவில் விளையாடப்பட்டு வந்தது.

சதுரங்கத்தின் பரவல்

இந்தியாவிலிருந்து மேற்கே ஜரோப்பாவிற்கும், கிழக்கே கொரியா வரையும் பல வேறுபாடுகளுடன் பரவியது. இந்தியாவிலிருந்து பாரசீகத்துக்குப் பரவியது. பாரசீகத்தை இஸ்லாமியர்கள் கைப்பற்றிய பின்னர் இஸ்லாமிய நாடுகள் பலவற்றிலும் பரவியது. பத்தாம் நூற்றாண்டு அளவில் முஸ்லீம்களால் இது ஸ்பெயினில் அறிமுகப்படுத்தப்பட்டது.

விளையாட்டு முறை

இந்த விளையாட்டை இருவர் ஆடலாம். ஒவ்வொருவருக்கும் பதினாறு காய்கள் உண்டு.

1. ராஜா 2. ராணி 3. யானை அல்லது கோட்டை 4. மந்திரி 5. குதிரை 6. சிப்பாய் என்பவை இவ்விளையாட்டில் பயன்படுத்தப்படும் காய்களின் பெயர்கள். ஒருவர் கருப்பு நிறக் காய்களையும், மற்றொருவர் வெள்ளை நிறக் காய்களையும் வைத்துக் கொள்ளலாம்.

விளையாட்டின் நன்மைகள்

மாணவர்களின் நுண்ணறிவைப் பெருக்குவதற்குப் பயன்படுகிறது. மூளைக்கு சிறந்த பயிற்சி அளிக்கிறது. மாணவர்களின் படைப்பாற்றலையும், நினைவாற்றலையும் வளர்க்கிறது.

முடிவுரை

விளையாட்டுகள் சிறியவர் முதல் பெரியவர்கள் வரை அனைவருக்கும் மகிழ்ச்சியையும், புத்துணர்ச்சியையும் ஏற்படுத்துகிறது.

ஒவ்வொரு விளையாட்டும் நம் உடலுக்கும், உள்ளத்திற்கும் உற்சாகம் அளிக்கிறது. விளையாட்டின் மேன்மையை உணர்ந்து என்றும் அழியாமல் பாதுகாப்பது நம் கடமை ஆகும்.



- நிஷாந்த தேவ் எட்டாம் வகுப்பு

புதுக்கவிதை

1. இலக்கை நாம் அடையாளம் கண்டால் இலக்கு நம்மை அடையாளம் காட்டும் இவ்வுலகிற்கு
2. போராடிப் பார்ப்பவனும் போராடித் தோற்பவனும் போராடி வென்றவனும் மூவருமே வீரர்கள் தான்
3. கண்கள் கணவுகள் காணுமே! அதை மெய்யாக்கினால் உலகம் உன் பெயர் சொல்லுமே!
4. நாளை நமதே என்று போற்றிடு! நாளும் பொழுதும் நன்மை புரிந்திடு! அனுபவப் பாடம் கற்றிடு! அதை அனுதினம் நினைவில் வைத்திடு!
5. நாளைய வெற்றி இன்றைய தொடங்குகிறது! இன்றைய முயற்சி நாளைய வெற்றியில் முடிகிறது!!!



-நா. அப்துல் அஜீஸ்,
ஜந்தாம் வகுப்பு

काश ऐसा हो जाए !

आसमान मे बजे बाँसुरी
धरती सारी झूमे – गाए,
अगर कहीं ऐसा हो भाई ,
सचमुच खूब मज़ा आ जाए !

तरे धरती पर आ जाएँ
चाँद उत्तर आए आँगन मे ,
नहे -नहे सूरज पैदा
हो पृथ्वी पर, वन- उपवन मे।

पेड़ों पर पैसे लगते हो
रसगुल्ले हो डाली -डाली ,
जगह -जगह नदियाँ -पर्वत हो
हो सब धरती पर हरियाली ।

चंद्रलोक मे पैदल जाएँ
सूर्यलोक की सैर करे हम ,
वहाँ -वहाँ पर घूमे – घामे ,
जहां – जहां हो बढ़िया मौसम ।

फूलों जैसी हो मुस्कान
नदी सरीखा हर दिल गाए ,
अगर कहीं ऐसा हो भाई
सचमुच , सबके मन को भाए ।



-By Atharv Athrey Grade VI

मेरा छोटा भाई

मेरा छोटा प्यार भाई
सबसे नटखट मेरा भाई
सबको परेशान करता रहता
फिर भी सबको प्यार लगता ।

नहीं करने देता मेरा काम
सब काम करता तमाम
बात उसी की माननी है
भाषा उसकी तोतली है ।

मेरा प्यारा -प्यार भाई
मेरे दिल मे रहता भाई ।



-By Tanirika Dixit Grade V

Teachers Corner...

EDUCATION

“Education is the manifestation of perfection already in man”.

-Swami Vivekananda

Education imparted should not be a tool for bread-winning, it should be a human - making process inducing character-building, self-confidence and self-respect . Education must essentially empower an individual to grow socially with versatile skills pursing moral values and ethics for well-being and togetherness of humanity. Present senario proclaims how crucial is education in conserving environment and nature . The bottom line is education should not be preached it must be a practice for enlightenment.

EXPERIENCE IN VMPS

I am really excited to share my experience as Kindergarten teacher .I had a yearful of fun and explored a lot.

Pre-Kindergarten was their first step to education. Kids were scared ,cried and did not want to stay in class ,yet kids sit next to me, we played games,narrated stories sang rhymes and made them to know their friends names .In

our time together kids learned what it meant to sit in circle , walk in a line ,hold a pencil and to be part of a group. We had many fun-filled activities together ,kids gave me lots of hugs and high fives and with their sweet voice they call me Pavithra mam that made me charged. Memories will fade but I am really proud and happy that I had been your first teacher. Now they all have gone to next class I hope we look at one another with a lovely smile .I experienced how to care ,console and comfort kids in day-to-day occurrence, activities and circumstances. I thank each and every one who helped and contributed towards my endeavors .



-Ms.Pavithra Teacher

PASSION TOWARDS MIME

Chaplin made me laugh and cry without saying a word. I had an instinct. I was touched by the soul of Chaplin — Mime is not an imitator but a creator.

Marcel Marceau

Mime is a nonverbal portrayal of thought or through gesture, body movement, and facial expressions. Despite the non-verbal nature of mime, it can be a potent communicative teaching tool, as Dougill suggests, “recall of language item is helped when there is an associated image and although no language is used, it can be a spur to language use where there is need for explanation.”

Mime is an acting technique that suggests action or emotion without words by using only gesture, expression and movement. Miming or pantomiming got its start in ancient Greece and was used extensively during the age of silent movies. The art of miming was dying out when the French entertainer Marcel Marceau revitalized the art with the creation of his character “Bip the Clown”. What we think of now as “street mime” can be attributed in large part to the efforts of Marcel Marceau.

Mimes frequently paint their faces white as if they are wearing a mask. Eyebrows and eyes are then lined in black, with bright red or black lips.

Often tears or other markings are added to the face. To complete the look, mimes will often wear a striped shirt, beret and white gloves. Although it is fun to dress the part of a mime, all of these activities can be done without any makeup or costumes.

Hence, the use of mime by virtue of its kinesthetic nature could be an effective way to encourage student interaction, engagement and language retention.



-By Mr. Raja Teacher



PHYSICAL EDUCATION

In order for man to succeed in life, God provided him with two means, education and physical activity. Not separately, one for the soul and the other for the body, but for the two together. With these means, man can attain perfection.”— Plato

You don't stop playing because you grow old; you grow old because you stop playing.

It's not about winning and losing, it's about how you play the game.

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous intensity.

Benefits of Physical Education:

- *Inspires Self Discipline.*
- *Improves Peer Relationships.*
- *Provides Stress Relief.*
- *Teaches Goal Setting.*

- *Helps Students Achieve Better Grades.*

In adults and older adults, higher levels of physical activity improves:

- *risk of all-cause mortality.*
- *risk of cardiovascular disease mortality.*
- *incident hypertension.*
- *incident site-specific cancers (bladder, breast, colon, endometrial, oesophageal adenocarcinoma, gastric and renal cancers)*
- *incident type-2 diabetes.*



- Ms.Sumathi, Teacher



एक विशाल बरगद का पेड़ था । जिसके नीचे एक चूहा बिल बना कर रहता था । वह चूहा बिल्ली से इतना डरता था कि वह बाहर अकेले जाने का भी साहस नहीं कर पाता था । वह अपने किसी साथी चूहे को अपने साथ ले जाता था ।

एक बार उसे किसी जरूरी काम से बाहर जाना था , लेकिन उस समय साथी – मिथरोमे कोई नहीं था । इसलिए उसने एक अनजान चूहे कोपनी समस्या बताई । अनजान चूहे के पास कुछ ऐसी शक्तियां थीं जिससे उसने उसे बिल्ली बना दिया ।

डरपोक चूहा अब बहुत खूश था, क्योंकि अब उसे बिल्ली का दर नहीं था । लेकिन जब वह बाहर गया तो कुत्ते उसके पीछे पद गए । अब वह कुत्ते से डरने लगा ।

वह फिर अनजान चूहे के पास गया और अपना दुखड़ा रोने लगा । अनजान चूहे ने उसे कुत्ता बना दिया । चूहा जैसे ही कुत्ता बनकर जंगल मे गया , शेर उसे खाने के लिए उसके पीछे पड़ गया ।

वह अब शेर से डर गया और फिर अनजान के पास गया । अनजान चूहे ने उसे शेर बना दिया । चूहे को लगा की अब उसको किसी का डर नहीं लगेगा, क्योंकि वह अब जंगल का राजा बन चुका था । शेर बनकर जैसे ही वह जंगल मे गया , शिकारी उसके पीछे पद गया । बहुत मुश्किल से वह अपनी जान बचाकर भाग और दुख होकर पुनः अनजान चूहे के पास गया ।

अनजान चूहे ने कहा: मैं अपनी शक्तियों का प्रयोग करके तुम्हें कुछ भी बना दूँ, लेकिन फिर भी तुम्हारी कोई मदद नहीं कर सकता । तुम चाहे जो कुछ बन जाओ , तुम्हें डर फिर भी लगेगा । क्योंकि तुम्हारा दिल से जुड़ा है, और तुम्हारा दिल हमेशा उस डरपोक चूहेवाला ही रहेगा । मैं उसे अपनी शक्तियों से नहीं बदल सकता । उस डर को तो तुम्हें खुद ही हराना होगा ।

इस कहानी से हमें यह संदेश मिलता है की डर सभी को लगता है । जो लोग अपने जीवन मे सफल होते हैं , डर उन्हे भी लगता है , पर वे अपने डर को खुद पर हावी नहीं होने देते । वे उनका सामना करते हैं । डर एक ऐसी बीमारी है, जो हमे काभी उस मुकाम तक पहुँचने नहीं देती जिसके हम काबिल हैं । क्योंकि डर कर या तो हम अपने फैसले बदल लेते हैं या खुद को ही बदल देते हैं । अगर जिंदगी मे आगे बढ़ना है , तो डर को पीछे छोड़ना ही होगा , क्योंकि डर के आगे जीत है ।



- By Ms.Rajani, Dixit Teacher

ECSTATIC JOURNEY OF DANCE IN EDUCATION

***'Dance is the language of the soul'* - Martha Graham.**

Dance is the physical expression through movement and rhythm of relationships, feelings and ideas. It is profound in the heart of every culture throughout history; dance as the impulse of compassion. It embraces myriad genres, styles and traditions and is all-the-time growing. Its benefits range from recreational to sacred and cover every form of social purpose.

Communication – *Dance is a way of exercising, entertainment and also communicating. Neonates might just be an unsteady bum wiggle with a piece of music on and will naturally groove. If a child can learn movement patterns as easily as they can learn a language, we shall encourage them.*

Develops skills – *Children can gain a throng of progresses; sensory and spatial awareness, coordination, concentration and mobility, express emotions, increase confidence or even just to make ourselves feel better! We love it when we can bring dance in to other core curriculum subjects, to cater for all ways of learning.*

Innovation – *Dance engages the artistic processes of creating, performing and critical analysis of acquiring skills such as the ability to read symbols, implement critical thinking, nonverbal reasoning and expression, create and exchange ideas, work in collaboration with others, and understand different culture and societies. We encourage this in asking children questions.*

Stress buster – *At times of increased stress, i.e school exams, we believe it is vital for children to continue, if not increase, their dance classes and amount of time moving. This gives children a chance to process their work, as well as take a well-deserved break.*

Be focussed – *Arts research has shown that students who study dance are more self-motivated, disciplined and focused. They are more expressive in their communication of emotions, thoughts and feelings. They are able to critically analyse their own work and the work of others, as well as being more creative and imaginative.*

Futuristic – *In future, dance will be viewed as part of the bedrock of a broad and balanced education, with all children exposed to the richness that an art-based education offers. Encouraging creative ambition prepares for a culture relevant future. It is a school's job to demonstrate what the arts can offer in terms of development, challenge and a full education, and career paths.*



- By Ms.Sukanya, Teacher

CHRISTMAS EVE

Christmas is the season of joy, peace and happiness. Christmas has grown to become a symbolic time for living in peace and love. It is also an opportunity to correct our actions we aren't proud of in our lives. The Festival of Christmas is celebrated all over the world in a very pious manner to commemorate the birth of Jesus Christ.

Christmas is celebrated every year on 25th December. The winters in December carry a festive feeling.

Traditionally Christmas is celebrated by a Church mass in the morning and then by a family meal later on in the day.

Christmas carols are played on radios and televisions. The preparations like decorating the house with Christmas trees and lighting it. The Christmas tree brings the Christmas spirit in homes because it is all glittery and shiny with all the decorations. Presents are placed under the Christmas tree in wrapped gift boxes and are not to be opened till Christmas day. The Santa goes around town and checks if all the children were good and if they were, he left them a present, but if a

child misbehaved often the Krampus would come to punish them by leaving a whip for the parents. Kids also get to meet the 'Santa Claus' dressed in a fluffy red and white costume, who greets them with hugs, gifts and chocolates.

Christmas is equally loved and cherished by adults and kids. It's a festival of joy. It is about sharing and helping others. On this day, people remember Jesus Christ and his lessons of life. The festival definitely teaches us to practice kindness and love towards each other and help those who have less than us. Through celebration, we are reminded that we should share, give to the less privileged, spend time with loved ones and have a positive outlook about life. Christmas reminds us the importance of giving and sharing with friends and family and asks forgiveness for our mistakes.

MERRY CHRISTMAS!!!



-By Ms.Janet Teacher.

CAROLING

Carols is always synonymous with the festive feel of Christmas. The first carols were sung in the 1500s. The word ‘carol’ comes from the Old French word Carole , a circle dance accompanied by singers. During festivals, they used this method to sing sacred music. But modern composers like William Byrd composed carols for Christmas which were in folk genre to be sung in rural areas.

Some of the famous modern Carol songs are , “Ding dong merrily on high” , “Rudolph the Red nose reindeer”, “Twelve days of Christmas”, Jingle bells” and the like.

Carol songs bring in and set the festive tone of Christmas. Let’s spread the joy of Christmas through songs, especially caroling.



By Mr.Dhyanathiru , Teacher

**உடல் ஆரோக்கியத்துடன் வாழ
வழிமுறைகள்**

உணவோடு நீரை பருகாதே!

கண்ணில் தூசி கசக்காதே!

கழிக்கும் இரண்டை அடக்காதே!

கண்ட இடத்தில் உமிழாதே!

காதை குத்தி குடையாதே!

கொதிக்க கொதிக்க குடிக்காதே!

நகத்தை நீட்டி வளர்க்காதே!

நாக்கை நீட்டி குதிக்காதே!

பல்லில் குச்சிக் குத்தாதே!

பசிக்காவிட்டால் புசிக்காதே!

வயிறுப் புடைக்க உண்ணாதே!

வாயைத் திறந்து மெல்லாதே!

வில்லின் வடிவில் அமராதே!

வெற்றுத் தரையில் உறங்காதே!



-க. சிவரஞ்ஜனி ஆசிரியை

Math Wonders

"Four" is the only number in the English language that is spelled with the same number of letters as the number itself.

Most mathematical symbols weren't invented until the 16th century. Before that, equations were written in words.

Romans didn't consider 0 to be a number at all. Therefore, there are in total, zero zeros in Roman numerals.

9 is also known as the magic number. This is because if you multiply a number by 9 and add all the digits of the new number together, the sum will always add up to 9. For example: $8 \times 9 = 72$ or, $7 + 2 = 9$

The opposite sides of a dice always add up to 7. For example, 6 and 1 will always be on opposite sides which add up to 7.

The number 2 is also the smallest and first prime number (since every other even number is divisible by two).

Take any number, and multiply it by three. Then, take the digits of that new number and add them all together. Whatever number that equals will always be divisible by three, no matter what number you started with.

For example: $3 \times 4 = 12$

$$1 + 2 = 3$$

$$3 / 3 = 1$$

40 Below Is the Only Temperature that Is the Same in both Fahrenheit and Celsius

Any two-digit number ending in 9 can be expressed as the sum of the product of the digits and the sum of the digits.

A palindrome is a number that reads the same forward and backward, such as 747 or 1,991. Now think how many palindromes are there between 1 and 1,000 inclusive? (Ans: There are 108 palindromes between 1 and 1,000, inclusive)



- Ms. Kodhai, Primary Coordinator

Reflection on Pandemic

March 23, 2020, is the day that many of us will never forget in this lifetime.

Sunrise in the morning, chirping of parrots and mynas, wandering squirrels and garden lizards, blooming roses and daisies, whining wind and rustling of dried leaves on the ground –everything around me looked the same. Yet, someone in a faraway land opened the Pandora's Box and unleashed the invisible virus. When I listened to the flashing news about the CORONA VIRUS followed by the LOCKDOWN, I was anguished which everyone of us felt; fear gripped me for the lives of so many loved ones, known and unknown people out there as helpless victims of this man made disaster. Then the surge in number of cases filled the air and I decided not to watch the news anymore. I too began to accept the new lifestyle – STAY INDOORS. Sometimes we found ourselves miserable victims of uncontrollable natural calamities, man-made troubles, incurable diseases and absolute frailty of everything. Wherever we look back, we saw nothing but chaos.

Along with that, challenges of domestic life and professional life enveloped us. The lessons learnt during the pandemic are innumerable; we should be thankful to God, grandparents, parents and elders who instilled in us the real value of life, respect for ancient texts and knowledge that is acquired through them. We turned to yoga, meditation and breathing exercises which our sages taught since time immemorial. We ate only home-made food and began to drink plenty of water. We relied on our knowledge of Ayurveda and prepared concoction of medicinal herbs, which are nature's gift, easily available and increase immunity in our body. We have learnt to appreciate everyone and strengthen our relationships. As teachers, we took up the challenging task of transforming our traditional classrooms to the virtual format which is the need of the hour during this pandemic. Educational institutions were forced to close down for an indefinite time period, and teachers had to shift from the regular face-to-face teaching to the digital platform. But this

shift wasn't easy for all of us. We had to change our teaching strategy to confront the challenges posed by the digital setup. The biggest challenge accepted by teachers was the overnight change in the thoughtfully prepared lesson plans and subject enrichment activities. Initially, we were clueless of how to connect with the students and how they will respond. But we were in for a pleasant surprise. Being born in the technology era, the electronic devices were like toys in the hands of these students. They were well acquainted with the basic Zoom features and Google Classroom than us. Moreover, their excitement to meet their teachers and converse with them, drained all our fears and made us feel comfortable and prepared for the online teaching. Parental support was the biggest encouraging factor to keep us moving. Slowly, we could achieve the learning outcome for each topic. With all these positive factors, teachers started implementing various strategies to make their classes interesting. Recapitulation of topics through simulators strengthened the concepts and increased students'

involvement. Through these various approaches, we ensured that students got the feel of school.

Virtual classrooms cannot, in any way, replace the actual classrooms. But we need to keep moving and make the best out of this unforeseen situation

'Technology will not replace great teachers. But technology in the hands of great teachers can be transformational.'



**-By Ms.Yamini Priya.D
Academic Coordinator**



Importance of wearing mask:

Clean your hands before you put your mask on, as well as before and after you take it off, and after you touch it at any time.

- Make sure it covers both your nose, mouth and chin.*
- When you take off a mask, store it in a clean plastic bag, and every day either wash it if it's a fabric mask, or dispose of a medical mask in a trash bin.*
- Don't use masks with valves.*

Schools and Education during pandemic situation

I feel humbled and privileged to share my perspective in this pandemic has had and is having on education. As a teacher my concerns are about the implications it might have on the future of current students. As I Observe I can see the teachers comforting their students with a sense of love, Compassion and empathy in the midst of the pandemic. I can see curves ornamented below their eyes. Sometimes, busting the internet

glitches and embracing the connectivity issues which are lately recognized as the delicious recipes of their daily meals. As these heroes have seen only dawn and not the dusk. They keep giving a ray of hope to our loving students that we will meet you all in the near future. The current scenario is not the end and this is yet another beginning amidst greater challenges for the brighter days ahead. The day is not too far...

Students, guardians and teachers are forced to undergo a different kind of

learning experience as the destructive pandemic strangulated the country's education system. Teachers across are facing formidable challenges, educating students almost from screens. I am pleased in the way of my students who even understand the odds and difficulties during choking of my voice and hears the sounds of my precious jewels whispering "please take care Ma'am", which is soothing to my ears. Nothing stopped for teachers at Vikas Mantra Public School, be it pandemic or epidemic.

I salute you all for thee.



- By Ms.Gayathri Teacher

"If a man empties his purse into his head, no man can take it away from him. An investment in knowledge always pays the best interest."

-Ben Franklin

Achievements

Applaud!!! Applaud!!!

Name of the Competition: Elocution

Date: 05.12.2020

<i>SL.NO</i>	<i>Name of the student</i>	<i>Grade</i>	<i>Winning level</i>
1	<i>Nakshatra.P.G</i>	<i>IV</i>	<i>Gold</i>
2	<i>Vanshveer singh</i>	<i>IV</i>	<i>silver</i>
3	<i>Rakshana.G</i>	<i>IV</i>	<i>Bronze</i>
4	<i>Atif Ahamed.A</i>	<i>V</i>	<i>Gold</i>
5	<i>Tanirika Dixit</i>	<i>V</i>	<i>silver</i>
6	<i>Harsh singh</i>	<i>V</i>	<i>Bronze</i>
7	<i>Allin Joeshrinaa</i>	<i>VI</i>	<i>Gold</i>
8	<i>Nandini Singh</i>	<i>VI</i>	<i>silver</i>
9	<i>Gnanadeepthi .P</i>	<i>VI</i>	<i>Bronze</i>
10	<i>Hisham</i>	<i>VII</i>	<i>Gold</i>
11	<i>Haasini</i>	<i>VII</i>	<i>silver</i>
12	<i>Kamalika</i>	<i>VII</i>	<i>Bronze</i>
13	<i>Ashita Singh</i>	<i>VIII</i>	<i>Gold</i>
14	<i>Suvaasini</i>	<i>VIII</i>	<i>silver</i>
15	<i>Vigneshwaran</i>	<i>VIII</i>	<i>Bronze</i>



Achievements

Applaud!!! Applaud!!!

Name of the Competition: Christmas Art and Craft Mela...

Date: 22.12.2020

Grade : IV- VIII

<i>SL.NO</i>	<i>Name of the student</i>	<i>Grade</i>	<i>Winning level</i>
1	<i>Ashita Singh</i>	<i>VIII</i>	<i>Gold</i>
2	<i>Allin Joeshrinaa</i>	<i>VI</i>	<i>silver</i>
3	<i>Atif Ahamed.A</i>	<i>V</i>	<i>Bronze</i>
4	<i>Tanirika Dixit</i>	<i>V</i>	<i>Bronze</i>

“Education is simply the soul of a society as it passes from one generation to another.”

-G.K. Chesterton